



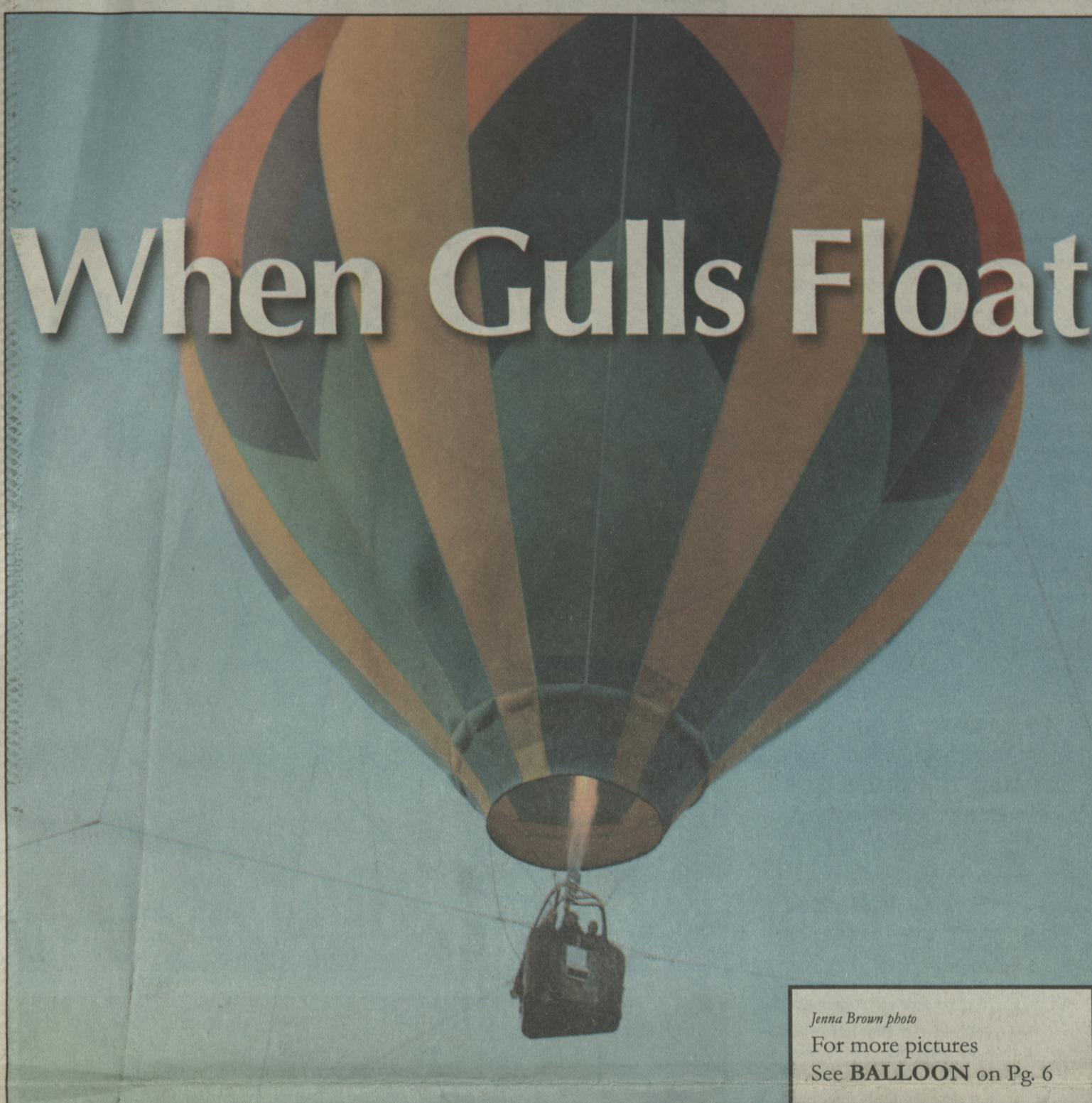
THE FLYER

Salisbury University's student voice

VOLUME 43, ISSUE 5

OCTOBER 1, 2013

FREE



When Gulls Float

Jenna Brown photo

For more pictures
See **BALLOON** on Pg. 6

A hot air balloon outside Sea Gull Square took students for a ride

BY KAITLYN JOHNSON
Staff Writer

A hot air balloon descended upon Salisbury University Sunday night, courtesy of the recreational department of the Student Organization for Activity Planning.

This event, called "Sunday Funday," offered free rides in a hot air balloon for SU students from 5 to 9 p.m.

Emma Brant, current Recreational Coordinator for SOAP, was in charge of the event. Brant said that the company providing the hot air balloon and taking the students on rides came all the way from Texas.

Students gathered early on the Sea Gull Square lawn to get in line to sign up for a ride. By 4:45 p.m., the line to sign up spanned half

the length of the building.

Students chattered excitedly (and shivered) as

"It was really cool; I've never done anything like this before ... When you're up there, you don't feel anything, you're just there."

- Catherine Black, sophomore

they waited to sign up. Students also sat on the lawn waiting to just watch the balloon go up in

the air.

The first set of students went up in the balloon at around 6:30 p.m. Five students rode in the balloon at a time. For each ride, the balloon ascended, hovered for about a minute, and then descended.

Sophomore education major Catherine Black said she thoroughly enjoyed her ride in the hot air balloon.

"It was really cool; I've never done anything like this before," she said. "When you're up there, you don't feel anything, you're just there."

Black also said that she would love to see SOAP do another event like this one.

Salisbury University's radio station, WXSU, was present to DJ the event. SOAP's next recreational event will be Frightland in October.

Hospital closes unit; 50 jobs lost

BY ALEXANDRA DOUGAN
Staff Writer

Peninsula Regional Medical Center in Salisbury is Delmarva's biggest hospital, serving a large part of the eastern shore. Just last week the hospital announced it would close its Transitional Care Unit resulting in nearly 50 lost jobs.

Salisbury University is home to a great nursing program which creates a large majority of the nurses that go on to work at PRMC. When asked about the recent layoff situation and closing of the unit, some SU nursing professors declined to comment on the issue because they are not employees of the hospital.

One nursing student did have an opinion on the issue though.

"I think that laying off nurses in this day in age won't be good for the economy. Nurses are a huge part of the hospital and letting go of this many will put them all out of work," said SU nursing student, Alexis Martinek.

The Transitional Care Unit was opened first at PRMC in 1997; originally, it was created for patients that required sub-acute rehabilitation that were delayed in their recovery.

The hospital partly blamed health care changes for the circumstance.

"Not every patient is ready or able to go home immediately after being discharged from acute care; this unit was a good option," said William Campbell, an Associate Professor in the nursing department here at SU.

Advances in hospital care and practice care in orthopedics were also among the many reasons the TCU has to close its doors.

"It is unfortunate that PRMC is closing, or has to close, the transitional care unit. Having had students on that unit shortly after it opened when I was teaching for a local community college, and having had relatives as patients on that unit, it was a very beneficial unit and at that time filled an important healthcare need," Campbell said.

Along with these factors, there has been an increase in the number of rehabilitation options in the area including HealthSouth Chesapeake Rehabilitation Hospital. The hospital unit only offered 30 beds and wasn't needed the way it once was.

"The need for the unit has been re-

See **PRMC** on Pg. 3



(Left)
Sam Sapp
photo

Faculty members of the art department at Salisbury University cut the ribbon, christening the new gallery.

New SU art gallery brightens downtown

BY JUSTIN MCCLURE
Staff Writer

With all kinds of themes and mediums ranging from paintings, sculptures, ceramics and glasswork, the new Salisbury University Downtown Campus Art Gallery is a host to works of local, regional and global artists.

On Sept. 20, community members and SU administrators, including President Janet Dudley-Eshbach, were in attendance to celebrate the grand opening. Among the highlights of the festivities were the ribbon cutting that officially made the art gallery part of the community.

"We don't really focus on any specific medium," said Galleries Manager Marisa Sage. "But what we do... focus on is contemporary artwork, showcasing art that is currently being made today."

The gallery also hosts many exhibitions and events. Between July and Sept., Downtown Campus hosted an exhibit called "This Land" that included works of a vast array of artists that highlighted the relationships of humans with their natural environment.

New upcoming exhibits include Marty Weisharr's Rural, which utilizes cardboard, colored tape and mashed up paintings and drawings to represent a community dealing with a crisis. Other exhibitions like "In Support of Luxury" by Aaron Miller, appears in October and draws a connection between the Wyoming mining industry and 19th century upper class society.

"The SU gallery is here to enrich the cultural environment of the campus, town, and Maryland's Eastern Shore in both an educational and visual way. It's so unique in its own element,"

said Sage.

With the grand opening of a new gallery filled with passion, SU students like Bobby Morrison view it as an opportunity for all of the university.

"People need a place to get inspiration and express themselves," Morrison said. "Mediums like (the art gallery) are an awesome place for people to get feedback and inspiration."

The Downtown Campus Art Gallery is located on 118 and 120 N. Division St. and is open from 12 p.m. to 6 p.m. Wednesday through Friday, and Saturday from 12 p.m. to 4 p.m.

To see a display from many artists ranging between various mediums, the newly opened gallery is a place for community members and SU students and faculty to fulfill their creative desires.

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Oktoberfest

The SU German Club is set for its annual Oktoberfest celebration on Oct. 2, from 11 a.m. to 3 p.m. on the Fulton lawn.

GULL LIFE, PG. 6



Texting while driving becomes primary offense

BY JORDAN PELAVIN
Staff Writer

Maryland is one of 10 states where drivers are banned from using handheld devices while driving. Starting on Oct. 1, the penalties will increase for those found doing so.

Drivers in the state of Maryland will not be allowed to operate any handheld devices while driving, and while some variations of this law have existed already, operating a handheld device while driving is now a primary instead of a secondary offense.

As a secondary offense, a police officer could not pull over an offending driver for the sole reason of using an electronic device. Under Senate Bill 339 however, an officer can pull over any driver they see using a device.

"I think it's a good idea that it's now an offense. It will make the roads safer for everyone," said junior Charles Kipe.

The statistics agree with him, a 2006 study of real-world driving behavior from the National Highway Traffic Safety Administration and the Virginia Tech Transportation Institute discovered the number one distraction for drivers is cell phone use.

The Insurance Institute for Highway Safety estimates that at any given moment 660,000 people are using handheld devices while driving, creating dangerous road environments for themselves and for others.

Under this new bill, for a first offense, drivers can be charged a maximum fine of \$40 to \$75. For a second offense the fine can be anywhere from \$100 to \$125. For the third, and any subsequent offenses, there is a maximum penalty of \$125.

One of the co-sponsors of the bill in the Maryland state senate was Senator Douglas J. J. Peters.

Talking on the phone while driving is a serious safety issue everywhere, but this is especially true on college campuses," Peters said.

"On every college campus, there are pedestrians and cyclists everywhere. This means drivers must be very alert to their surroundings. As a parent of a college student I also know that often students wear headphones while walking and biking, increasing the likelihood that they will not hear an approaching car. The attentiveness of the driver in these situations is paramount to the safety of everyone involved. Frankly, this is a simple fix that, while it cannot end all driving distractions, can certainly help eliminate one of the major ones," Peters said.

With new fines in place for offenders, this bill can really affect college students, many of whom already feel financial strain already. Senator Jim Mathias, who represents Salisbury in the Maryland state senate, said he thinks that bills like SB339 will help lower insurance premiums.

"This is about public safety. It's to reduce accidents and to reduce injury," Mathias said.

Fewer injuries mean lower insurance rates, so Mathias believes that this bill will be protecting student's wallets as well as their safety.

A 2008 study from the Center for Cognitive Brain Imaging and Carnegie Mellon University proved that merely listening to a phone conversation while driving reduced the amount of brain activity devoted to driving by 37 percent. The researchers noticed a decline in driving quality, as well as risky driving behaviors like weaving in and out of lanes.

"E" is for Elephant

Environmentalist, Jim Justus Nyamu, walks to fight illegal ivory poaching and raise awareness that elephants are facing extinction.

BY AJIA ALLEN
Staff Writer

A walk across Salisbury University's campus on Sept. 27 brought Kenyan Conservation Environmentalist Jim Justus Nyamu closer to the end of his 560-mile "Ivory Belongs to Elephants" march protesting the ivory trade.

Nyamu started the campaign in February to respond to elephant poaching in Kenya, where he walked more than 2,000 miles from Mombasa and Masai Mara to Nairobi in two organized marches. His U.S. campaign began in Cape Cod, Mass. and will end at Lafayette Park in Washington, D.C. for the David Sheldrick Wildlife Trust International March for Elephants on Oct. 4.

"There is power in the work that we are doing," Nyamu said. "When I started walking I was just alone, but when I moved the first 350 miles and reached Nairobi I had over 3,000 who had come to receive me and to work with me. That gave me more encouragement."

Associates of Delmarva Public Radio with SU students and faculty walked through Red Square holding a banner reading "Ivory Belongs to Elephants" in large, red text while waving the Kenyan flag. Nyamu and supporters want to target audiences of government officials and younger generations.

"We want kids in America to continue to learn that 'E' is for elephant, not that 'E' is for extinction when they discover their ABC's."

- Jen Samuel, freelance writer and protest organizer

"We want kids in America to continue to learn that 'E' is for elephant, not that 'E' is for extinction when they discover their ABC's," said freelance writer and protest organizer, Jen Samuel. "Poachers are just decimating wildlife for materialism, and we want a higher consciousness in this country to say no, that's not OK."

Nyamu is focused on the long term effects of his movement, aiming to inform those involved in the ivory trade of the consequences of their actions. During the walks he stops to speak at schools, faith-based arenas and other places in the community about the importance of wildlife conservation.

"We need to educate our communities," he said. "The people who are killing elephants are young people because of the money and life-related issues, they're not connected to Mother Nature and how many elephants we'll have if this continues."

During the first week of the walk 69 elephants were killed in Kenya, said SU student and DPR Assistant Michelle Malinger. Protesters hope for a direct response from the government on Friday with the U.S. being the second largest consumer of ivory in the secret black market trade, China being the first.

"The whole purpose of the march is not only to raise awareness that elephants are facing extinction because of illegal ivory poaching," Samuel said. "We also want to encourage our government to step up and encourage for the global ban of ivory, that happened in 1989, to resume."

The recent Westgate Mall attack in Kenya has heightened international security precautions. Action by Kenyan supporters at the October scheduled march is limited for that reason, but Nyamu said he will be representing Kenya for them.



Ajia Allen photos
(Top) Nyamu leads SU supporters in protest walk to Red Square. An SU student waves the Kenyan flag.
(Bottom) "Ivory Belongs to Elephants" campaign supporters pose on the steps of Blackwell Library.

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Don't let it sneak up on you.....

October is Advising!

PRMC

Continued from PAGE 1

placed by the availability of several rehab hospitals in the local area and the current movement, partially insurance driven, is to get the patients out of the hospital promptly," said Campbell.

"As healthcare is continuing to change, we must continue to adapt. That means evaluating all services we offer inside the hospital walls, as well as the services offered elsewhere in our community, and removing the duplication," said Christopher Hall, Vice President of Strategy and Business Development for PRMC.

"Currently there is an acute rehabilitation hospital and many excellent skilled nursing homes within the community, allowing patients to stay close to families, creating a diminishing need for hospital-based sub-acute care," Hall said.

Hall also described the hope that some of these people that were laid off have the opportunity of finding a new job at the hospital. They will have the opportunity to apply for any open positions within the Medical Center. The hospital has also announced that a voluntary early retirement package is being offered to approximately 130 staff members, which could reduce the number of staffers that had to be officially let go.

United States inpatient volumes are down nationally as well as in Maryland. The state of Maryland as a whole has eliminated 703 beds with more than half of those being lost in a two year time frame. According to the press release, PRMC is down an average 66 patients daily and the number is expected to decline.

Because the outpatient services tend to be more cost effective, patients have been choosing this option. Research shows that in the near future hospitals will be designed directly for seriously ill people or ones that need surgical help immediately.

With the changing healthcare reforms and the economy that we face today, hospitals have had to regroup and change based on these factors. PRMC is confident that they will stay focused on their mission of giving our local community the best possible care they can receive.

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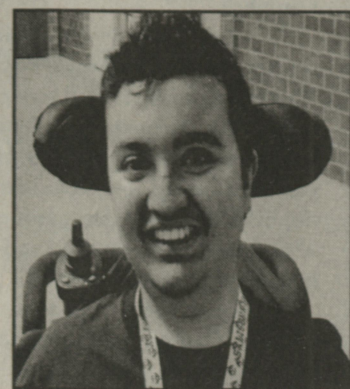
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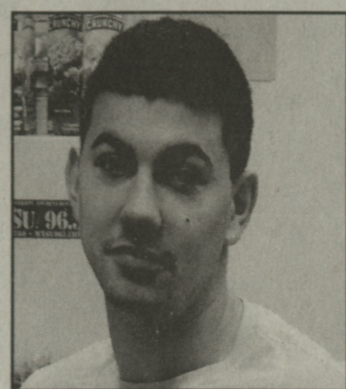
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Overheard: What is your favorite Fall TV show?



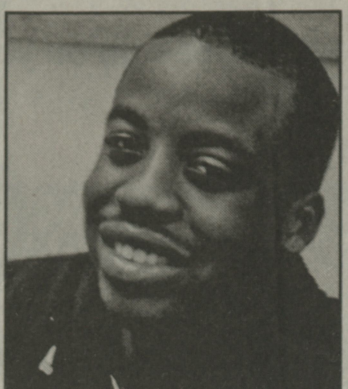
"Breaking Bad."
-Carlos Vides, freshman



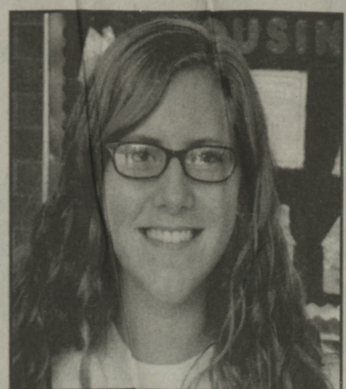
"Breaking Bad."
-Jerrad Pawar, junior



"Grey's Anatomy."
-Margaret Baldwin, junior



"Scandle."
-Rishawn Marshall, senior



"Agents of Shield."
-Sam Lucas, sophomore

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Editorial Policy: Letters are welcomed and encouraged. Students, please include your name and your class. Faculty members, please include your department. Letters should be no longer than 400 words. The Flyer reserves the right to refrain from publishing any text. Deadline for submission is Wednesday at 5 p.m. Please email us the letters.

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The Flyer strives for accuracy and corrects its errors immediately. If you believe The Flyer has printed a factual error, please email us.

Pope Francis offers Catholics a 'breath of fresh air'



BY SHANNON WILEY
Staff Writer

These past few weeks, headlines all across the world have reported on the idea that Pope Francis has criticized the Catholic Church's "obsession" with modern day issues, especially abortion, gay marriage and contraception.

On Aug. 19, Antonio Spadaro, S.J., editor-in-chief of "La Civiltà Cattolica" interviewed the Pope. During their conversation the Pope told Spadaro that he believes that the Church gets caught up in small-minded issues and rules, and that instead Catholics should focus on helping the poor and ailing.

"The ministers of the Gospel must be people who can warm the hearts of the people, who walk through the dark night with them, who know how to dialogue and to descend themselves into their people's night, into the darkness, but without getting lost. The people of God want pastors, not clergy acting like bureaucrats or government officials," said Francis.

He continued, "I see clearly... that the thing the church needs most today is the ability to heal wounds and to warm the hearts of the faithful. I see the Church as a field hospital after battle. It is useless to ask a seriously injured person if he has high cholesterol and about the level of his blood sugars! You have to heal his wounds. Then we can talk

about everything else. Heal the wounds, heal the wounds... And you have to start from the ground up."

This is a complete switch from the traditional and dogmatic leadership Catholics are used to from the Vatican, which is throwing some off guard. Many times already, Pope Francis has been chastised and criticized for his lack of outward disapproval towards the three main issues Catholics have spent so much time fighting.

"The ministers of the Gospel must be people who can warm the hearts of the people, who walk through the dark night with them, who know how to dialogue and to descend themselves into their people's night, into the darkness, but without getting lost. The people of God want pastors, not clergy acting like bureaucrats or government officials."

- Pope Francis

To other Catholics, though, this is a breath of fresh air and to some, a welcome back into the Church. Pope Francis told the interviewer, "In Buenos Aires I used to receive letters from homosexual persons who are 'socially wounded' because they tell me that they feel like the church has always condemned them. But the church does not want to do this. During the return flight from Rio de Janeiro I said that if a homosexual person is of good will and is in search of God, I am no one to judge!"

The Baltimore Sun reported that New Ways Ministry's, a Catholic Ministry for the Lesbian, Gay, Transgender and Bisexual community, executive director Francis DeBernardo

saying my prayers, calling out to God in times of stress and thanking him in times of blessing. I fully believe that if I pray to the Virgin Mary she will pray to her son on my behalf, and I fully believe that when I receive Communion I am receiving the body and blood of Jesus. But when it comes to most of the Church's beliefs with modern day debates, I could not be further from conventional.

Many elders in the Church may call me young and naive, but I do not believe that being gay, lesbian, transgender or bisexual is a sin and I support them in their quest for equal rights. It pains me to see a friend, or even just a community member feel hated or shunned from a safe haven

they should have been able to turn to for support and because they have discovered who they really are. I do not believe that contraception is bad, either. In fact, I highly respect those who use it.

There are already too many children in the world who don't have loving parents or who have parents that were either not ready for them or did not want them, and these children are struggling. If a couple is not ready for the responsibility of a child, they should take the necessary precautions to make sure they don't end up in a situation that could cause more harm than good. And if there is something that will eliminate one more woman or couple from making the strenuous and taxing decision of whether or not to terminate a pregnancy, I'm in favor of it.

These views do not make me a bad person, or a bad Catholic. I abide by the Ten Commandments and when I don't, I repent. The Bible does not say to hate or attack those who believe differently from you. The Bible says to spread the good news and to refrain from judging; that is God's job. Many Catholics have lost this vision.

However, Pope Francis is bringing it back to their attention. Notice he never demanded a change in policy or rules for the church, because this is what the Church believes and there are reasons for all of their stances. He does, nevertheless, call for change with the main concerns of the church.

Save those in need, feed the poor and provide solace and comfort for those struggling. There is no reason that we as a religion need to go after innocent people who have done nothing wrong, and I thank God we have a Pope that is reminding us of that.

ing to commit crimes? It won't. In fact, with less opportunity for law-abiding citizens to own these weapons (as the new Maryland legislation is doing) there will be less opportunity for those people to protect themselves when criminals acquire the weapons that should have been banned.

One last thing I would like to leave for the campus community to ponder is the following: If we continue to preach that guns kill people then we might as well say alcohol is to blame for drunk-driving, pencils are responsible for failed tests and eating utensils are the cause of obesity. None of these things make sense so why would it make sense to place blame on a tool rather than the wielder? The issue at hand is really how to solve the problem of violence and that is something our government doesn't know how to do. Instead of tackling the hard issues they decided to invent an issue and attempt to conquer that to show their might.

Mark my words: stricter control will only cause firearm related crime to increase.

Very respectfully,
Kevin Cunningham

A WORD FROM SPJ

SOCIETY OF PROFESSIONAL JOURNALISM

Behind the story: The woes of being a journalist

It's high time that the reporters and journalists who risk their necks and careers to discover and inform, oftentimes despite dangerous circumstances, gain recognition.

The non-journalists of the world consume the news, monitor constant coverage of daily updates and criticize those taking advantage of free speech and freedom of the press. Journalists get all of the credit when an error is published in a story and scraps of it when a groundbreaking headline serves an entire community important information.

"We don't do enough to maybe let people know that we're real people too," said Jeremy Cox, adviser to The Flyer and reporter for The Daily Times. "The only time you ever hear about a reporter really is when a reporter does something wrong."

Reporters, editors and writers continuously provide facts and substance for open media as a means of connecting their audiences with tons of news that would otherwise go unknown. The job description is not as easy as just knowing how to form a sentence.

There are ethical rules and considerations that each journalist tries to uphold. Bias is the number one worst enemy.

"The only time you ever hear about a reporter really is when a reporter does something wrong."

- Jeremy Cox, adviser to The Flyer and reporter for The Daily Times

Mistakes happen, people do get misquoted on occasion and "juicier" headlines tend to bump the less appealing story beneath the one that will afford more viewers. There aren't too many jobs that don't handle mistakes by contributors.

The media, however, is in the public eye and always under scrutiny. "We don't have that counterbalancing force that a lot of other profes-

sions have so when we do write a really good story you remember the story not the journalist who wrote it," Cox said.

We walk the thinnest line between objectivity and subjectivity, having to remain fair without ignoring obvious distinctions. At the same time, we're all in competition to get the next story first and write it best.

All of this just to do the same thing preceding the next newspaper issue's print or aired television broadcast.

Journalists are servants to media connoisseurs and filters to the average, completely insignificant celebrity gossip. We deserve a pat on the back at the very least.

Most professionals rarely get recognition for their hard work and like them journalists have to weigh their passion against the barriers.

"It gets rough week to week but some weeks it's perfect," said Editor-in-Chief of The Flyer, Pete Hicks. "Then you realize that everybody really loves this and takes it seriously, and other weeks you just wonder why you do it at all."

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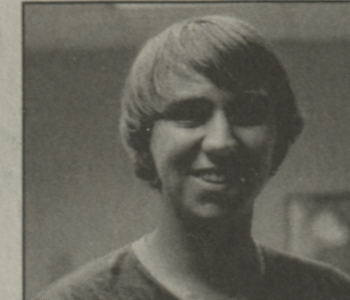
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Obamacare set to launch on time despite threat of shutdown



BY STEVEN CENNAME
Editorial Editor

Attempting to shut down the government to delay the implementation of Obamacare will turn out to be just another GOP vanity project, because even if there is a shutdown, the health exchanges are still set to be open for business on Oct. 1.

The threat to shut down the government as a last-ditch effort to repeal the Affordable Care Act is just another chapter in the obsession Congressional Republicans have to repeal a law that, at this point, looks extremely unlikely to ever be repealed at all.

Since Republicans took control of the House of Representatives in January 2011, there have been over 40 votes held in the chamber to repeal the law, none of which ever materialized. Then, conservative activists tried unsuccessfully to overturn the law in the Supreme Court.

Then, Obama won reelection, which seemed to be the nail in the coffin for those trying to overturn the law, or so we thought.

Now, holding the economy hostage by threatening to shut down the government is viewed by many GOP politicians as the last chance they have at getting their way.

Last weekend, a continuing resolution, which funds the government when a new budget is not passed, was proposed by House Republicans. This resolution delays Obamacare for more than a year. It is clear that this is a new strategy by the GOP: continue kicking the can down the road until Obama is out of office and there is another chance to elect a Republican president. I have no doubt that if Obamacare were delayed by a whole year, there will be another fight over a continuing resolution next year and they will again propose delaying it by yet another year. We have seen similar

tricks in politics before.

There is no doubt that Obamacare has its flaws, the medical device tax being one of them, but the time that Congressional Republicans have spent trying to repeal the law could have been put to better use trying to improve and fix the law.

A government shutdown is imminent because Congressional Republicans have been unwilling to accept a continuing resolution that does not defund the implementation of the Affordable Care Act. Neither the President nor the Senate will agree to a resolution that defunds or delays the law that the government has had three years to prepare for.

But even with a shutdown, health exchanges will still open on time. In a government shutdown, the government ceases funding of all "non-necessary" spending. However, parts of the ACA are mandatory spending, which is not tied to annual congressional budgets and appropriations bills. The health insurance subsidies are part of this mandatory spending, which functions as a fiscal autopilot, being funded even if the government is not operating. These funds will be handled by the new health insurance markets, also known as exchanges.

Even if the staff members operating the exchanges are funded through annual spending bills, meaning that they will be on unpaid leave during a government shutdown, they will still be able to carry out the necessary functions of the law because they will be operating under a shutdown contingency plan.

The most likely scenario is that if there were a government shutdown, it would only last for a few days. Since nobody expects a massive rush to sign up for the exchanges on day one, it is unlikely to hamper the health exchanges, even when funding is limited for the staff and infrastructure. Even though sign ups start on Oct. 1, coverage will not start until Jan. 1 of next year anyway.

So, after the petty attempt to stop Obamacare through a government shutdown, it appears that Congressional Republicans have failed once again at their ultimate goal.

Letter to the Editor

In response to the article "Students rethink security, gun control laws after Navy Yard shooting," from the Sept. 24, 2013 issue.

I would like to comment on the article entitled "Students rethink security, gun control laws after Navy Yard shooting."

The article, besides the author's obvious pro-ban and pro-regulation viewpoint on firearms, put out misinformation to the campus community. As a veteran, I feel very strongly about the current controversy of firearm regulation.

Shannon Wiley wrote "Alexis was found with three weapons on his person: an AR-15 assault rifle, a shotgun bought the day before and a semiautomatic pistol."

Unfortunately that statement is false. The Chief of the FBI's field division in Washington, D.C. stated in a USA Today article "We do not have any information at this time that he had an AR-15 in his possession."

Mainstream media is responsible for spreading the falsity that he was using an AR-15 as his primary weapon to further fuel the firearm regulation controversy that has dominated headlines in recent months. Alexis originally possessed only the shotgun and acquired the pistol after taking it from security personnel. The lack of proper reporting and pro-ban rhetoric upset me this morning as I sat down

to read the newest edition of The Flyer. Where is the opposing viewpoint that would help create a well-rounded article? I would like to raise that viewpoint here.

My first point is that an AR-15 functions the exact same way as any other semi-automatic rifle. The notoriety they have received is due only to ignorance of the masses and the labeling of the firearm as an "assault weapon" and "machine gun" by the mainstream media. It is, in fact, neither an assault weapon nor a machine gun. The AR-15 fires one round per one pull of the trigger. The rounds themselves are also relatively small. They are .223 caliber rounds, the same that many use to hunt squirrels.

The other point I would like to discuss is the idea that banning these types of firearms (as Maryland is doing, effective Oct. 1 of this year) will lower crime rates. I would pose this question to pro-ban and pro-regulation speculators: Do criminals, by definition, follow laws and regulations? The answer is that they do not. Criminals are labeled as such because they act outside of laws and regulation. Therefore, how would banning or further regulating firearms prevent them from continu-

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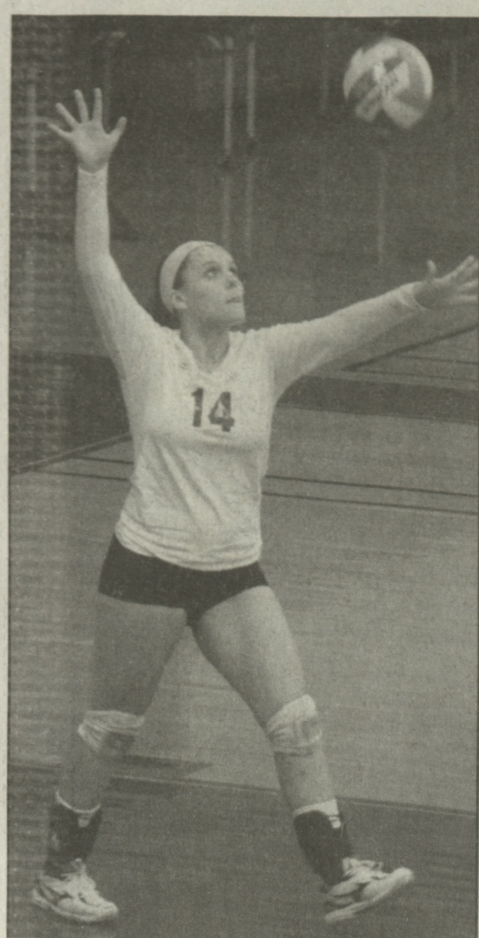
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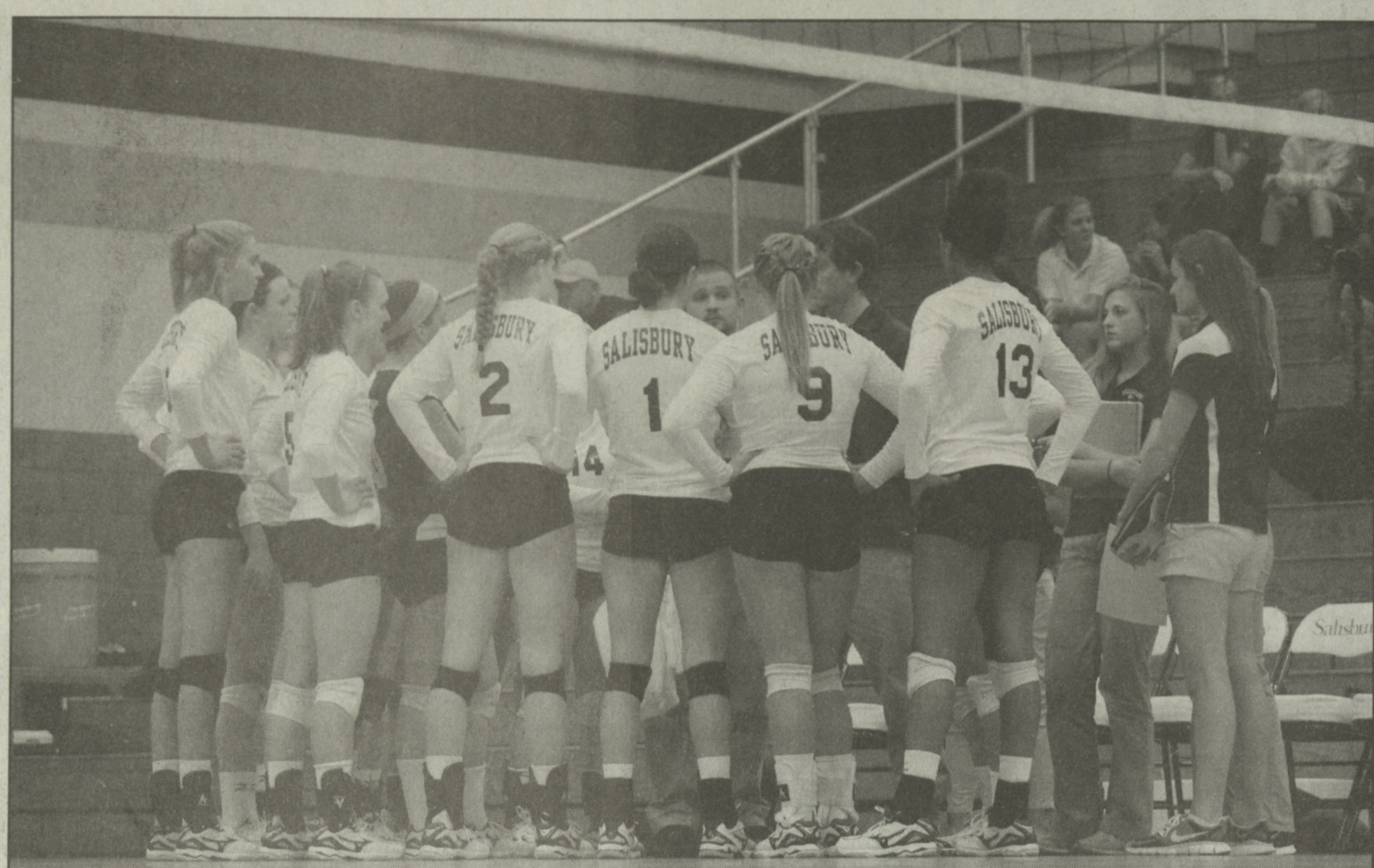
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Volleyball wins home opener against Washington College



Jenna Brown Photo
Senior setter Jess Tallant goes for a serve.



Jenna Brown Photo
The Sea Gulls huddle up with coach Turco to make a winning game plan against Washington.

BY ASHLEY MARTIN
Staff Writer

Salisbury University's volleyball team had their first home game Wednesday, which also marked their 16th win of the season.

The Lady Sea Gulls (17-2) had lost only two games in the season before heading into the home opener against Washington College. Even with changes in the coaching staff and the starting lineup, Salisbury wanted to show they are still united as a team.

The Gulls did just that, coming out on top 3-1.

"We showed Washington College and everyone else what we can do (this match)," said junior defensive specialist Michelle Meehan.

The first set against Washington ended in favor of the visiting team. SU attributed the set lost to the excitement of finally being able to play in front of fans and supporters. These feelings caused a few mental errors on the floor.

"A loss is hard to come back from, but we really got our momentum up and showed them what kind of team we are," junior outside hitter Mattie Smith said.

SU Volleyball Head Coach Justin Turco also admitted the team made early mental errors such as swinging too hard on the ball at times and missing a play because of communication.

"We kept our confidence, attitude and energy up because we knew we could turn it around and get back to Salisbury volleyball,"

Turco said.

SU had five attack errors, giving Washington the 25-15 set win. Defense picked up in the second set as the Gulls had five total team blocks. Smith led the team in attacks this set, making eight out of the team's 20.

"The first line of defense is blocking and we definitely started to block (more) in the second set," Meehan said.

Salisbury closed out the second set 25-10. After a quick regroup, the team was out on the floor again to dish out another set win. The momentum from the second set remained and SU quickly started the set off with a 12-1 run.

With a couple of unanswered attacks from Smith, senior Tam Weems and sophomore Kacey Franz, SU won the third set 25-13.

"We started to read their hitters a little better," Turco said. "(We) picked it up visually and got in better positions to play the ball."

SU finished the fourth set in a 25-10 victory. The Gulls started the set with a 12-3 lead and ended it with a 10-3 run. They won the home opener 3-1. Smith had a career high of 18 kills and Franz led the team in 22 assists and 17 digs.

On Saturday, Salisbury played their second home game against Virginia Wesleyan College and won 3-0. Franz led the team again with 22 assists while Meehan led with 13 digs.

The team will travel to Christopher Newport University for their first Capital Athletic Conference match of the season on Wednesday at 7 p.m.

Field Hockey back on track with shut-out vs. Johns Hopkins

BY AMY MCFARLAND
Sports Editor

The Salisbury University field hockey team is getting its rhythm back after sending the Johns Hopkins University Blue Jays home on Wednesday scoreless in a 6-0 shut-out.

The Gulls (6-2) came barreling out with an offensive run that resulted in a point in the first 63 seconds when junior forward Mallory Elliot was set up by junior midfielder Summer Washburn and tipped a shot off of a penalty corner from the left side. Washburn would contribute again with the first of her three points of the game, shooting from the top of the circle and landing the ball in the net for a 2-0 lead with 18:24 left in the half.

This lead was vital for the Gulls, who went scoreless against Catholic University and had trouble putting points up earlier in their previous game against Elizabethtown. After a week of struggling to get a head start with points, field hockey Head Coach Dawn Chamberlin said the goal for game against Johns Hopkins was to play two great halves.

"We came out with a strong start and we never looked back," Chamberlin said. "We played good, hard hockey for the 35 minutes of each half and it paid off."

SU refused to let up through the rest of the half, pressuring the Blue Jays' defense for the majority of the first half. Heading the offense again was Washburn, scoring her second goal in the 28th minute after the assist of a penalty corner from teammate Stacey Lamboni for a 3-0 lead.

Freshman forward Yumi Kim jumped in with a point of her own with only 18 seconds left in the half. With a 4-0 lead and 18-1 shot advantage over Johns Hopkins, the Gulls were placed comfortably ahead at halftime.

If the Blue Jays had any hopes of making a comeback in the second half, they were quickly stifled. Elliot netted her second goal at 40:39 in the second half off of a rebound from a shot by teammate Emily Voshell. This was Elliot's fifth goal in the past two games, and her

second of the night. "It feels great because we've been in the right spots for goals and we're being aggressive," Elliot said.

With the Gulls safely ahead at 5-0, freshmen goalie Kate Russo came in, allowing junior goalie Rachel Clewer a break after an uneventful 51 minutes in the game. Johns Hopkins would only attempt three shots-on-goal, with none of them getting past Salisbury's defense.

While the Blue Jays lacked in offensive opportunities, the Gulls continued to fire on their defense.

Washburn would follow Elliot's goal with her third of the night, capping Elliot's hat trick from the previous game against Elizabethtown. Sophomore forward Samantha Johnson set Washburn up with a corner, allowing Washburn to drill Salisbury's sixth and final point of the night in the 52nd minute.

Washburn said she fed off of the energy from her first goal in the game, allowing her to keep a roll to her career high seven points of the night.

"I think right from the first play of the game we came out strong and never let up," Washburn said. "We just had to keep up the energy and keep pressuring them."

Johns Hopkins made one last attempt for an offensive run, but the SU defense would block any possibilities for a rebound in the remainder of the game. Salisbury would total 32 shots, with 15 of them on goal in the shut-out.

Though the Gulls were able to rebound from their loss at Catholic with two back-to-back wins, Elliot said there is still much to work on before a game against Rowan and six back-to-back conference games.

"It's a start, but we're not where we want to be yet," Elliot said. "We need to work on defense transitioning the ball and scoring more goals."

After falling to The College of New Jersey 1-0 in an away game Saturday evening, the Gulls will look to recover their success against Johns Hopkins. Salisbury will host Rowan University on Wednesday for a final regular season home game before conference play begins.

Nutrition for the Athlete

Soccer players tell us how they prepare for conference play

BY DAVID CABRERA
Staff Writer

Soccer is a game that requires consistency and observation from its players, whether it may be on the pitch or off of it, especially with players' physical wellness.

In an 18 game season, such as the Salisbury University women's soccer team season, injuries do occur. A sprained ankle or a pulled hamstring could ruin a season for any team.

"They (the team trainers) want you to get out there better and faster."

- Lindsey Andonian, Freshman forward

Luckily for the Salisbury University women's soccer team, there have not been many injuries so far this season.

Five games into the season, the Sea Gulls have been led by steady play from their underclassmen to attain a 4-4-1 record. Freshman forward Lindsey Andonian in particular has been a key player to the Sea Gulls' offense. She leads the team in goals with three, including a game-winning goal this season.

"Coach Lloyd lets us do whatever (as far as a diet goes)," Andonian said. "My diet really depends on the day."

Even though it may be loose, Andonian's diet is balanced. She tries to eat pasta, a spinach salad, vegetables and some source of meat for protein regularly.

As far as the team's drink of choice, Andonian said that the women go for a universal favorite.

"We are always drinking water," Andonian said. "We drink it with every meal and during practice."

Besides water, the Gulls also drink chocolate Gatorade shakes to help them perform with more energy during practice and games.

When preparing for games, SU practices every day, but when it comes to how the team prepares a week before or a day before a game, it varies.

"A week before a game, we focus on fitness and longer sprints, really trying to stay fit the whole game," Andonian said. "The day before a game it is all drills to get us ready for the game."

When the Gulls practice off the field, they go to the gym and do squats, squats with bands, ACL prevention work, pushups, exercises with medicine balls and lifting.

As far as preventive measures to make sure the women do not get injured, SU athletic trainers arrive after every practice to check on the players and see if everything is running smoothly.

For the unlucky players who do happen to get hurt in practice or games, Andonian stated that they are monitored intently to make sure that they get back to full health. Andonian said the Gulls follow exactly what the trainers say.

"You get treatments before and after practice; they have you on a strict schedule," Andonian said. "They want you to get out there better and faster."

Women's soccer falls short to York in 1st conference game

BY STEPHEN CORBIN
Staff Writer

The Salisbury University women's soccer team came up short Saturday afternoon, losing their conference opener to York College at home.

York College came out on top 2-1 against the Sea Gulls in a game that could have gone either way. Freshman forward Megan Jackson wasted no time scoring the first goal of the game for Salisbury just nine minutes in from a corner kick. Casey Arnone had the assist but that would be SU's only goal of the contest.

York College struck back in the 31st minute of the game after a shot trickled off Salisbury junior goalkeeper Michelle Conrad's fingers and was finished by a York forward. Just three minutes later in the 34th minute York scored another goal to put them ahead 2-1 at halftime.

"At half time I told my team I wanted to see us take advantage of our opportunities and finish," head coach Kwame Lloyd said. "We didn't maximize on our opportunities and that is why we fell short."

In the second half, Salisbury had their opportunities to fight back, but no goals were allowed by either keeper. The Gulls had a wide open goal just 38 seconds into the second half, but the ball was sent wide left, inches from tying the game. Salisbury had six corners in the game compared to just one by York, giving them plenty of opportunities.

Salisbury outshot their opponent 6-4 in the first half, giving each team 12 shots total in the game with about half of those shots on goal. The Gulls were physical all game, causing multiple injuries to York including knocking out York's goalkeeper, who was second team all American last season. Conrad had four saves on the day, while York's replacement goalkeeper had six.

"In the second half we were just trying to play better as a team and do better with the opportunities we were given," sophomore defender Tabitha Brown said.

After overcoming a 1-0 deficit at halftime last game against Stevenson to win 2-1, Lloyd said he knew his team was capable of coming back to win the game. Lloyd said the difference in this game was the amount of opportunities that were not capitalized on.

This loss brings the Gulls record to (4-4-1) on the year and (0-1) in the Capital Athletic Conference matches.

"Nobody wanted to step up and lead our team to victory today," Brown said. "Everyone had an off game; it wasn't just one person's fault."

The Gulls will travel to Fredericksburg for their next conference game on Saturday where they will square off against the University of Mary Washington at 1 p.m.



Redmond Howard Photo
Freshman midfielder Jenny Gavigan prepares a pass to escape defensive pressure from York.



Redmond Howard Photos
(Left) Sophomore defender Jenna DeLotto scans the field for an offensive teammate to throw to. (Right) Sophomore midfielder Casey Arnone settles the ball to make a pass.



Men's X-Country place 3rd, Women 4th in Don Cathcart Invitational

BY MITCHELL NORTHAM
Staff Writer

The Salisbury University cross country team hosted 14 other teams on Saturday for their annual Don Cathcart Invitational meet at Winter Place Park. In their second home meet of the year, Salisbury's men's team placed third and the women placed fourth led by top 10 finishers sophomore Thomas Burke and junior Kira Polimeni.

Polimeni started the women's 6k run at the front of the pack and was able to stay there for the majority of the race, only falling back as far as twelfth place. In the end she was able to pass three other women for ninth overall in the race with a time of 23:09.0.

The ninth overall finish is Polimeni's first finish inside the top 10 of her college career and she was very pleased to have broken through that barrier.

"I'm really happy. I've been trying to place in the top 10 since my freshman year," Polimeni said.

Salisbury's women's team would place fourth overall with 156 points behind York (71 points), Nyack College (45), and East Stroudsburg who

took first place with 38 points.

Junior Olivia Cloud was the only other Salisbury women's runner to finish inside the top 30, finishing twenty-fifth with a time of 24:11.3.

The men's team did the women's team one better by finishing third overall in their 8k race. The team was led by sophomore Thomas Burke, who finished tenth overall with a time of 26:04.9.

"I'm really happy. I've been trying to place in the top 10 since my freshman year."

- Kira Polimeni, junior

The top 10 finish is the second consecutive for Burke. The men's team finished with 81 points overall, just behind second place York and first place East Stroudsburg.

The men's team had two other runners finish inside the top 20 with senior Joel Anderson taking nineteenth and senior Nathan Austin taking twentieth.

After the two races finished, Head Coach Jim

Jones said he was pleased with the efforts from his teams.

"We saw improvement in place, improvement in time and what I most noticed was the effort. I'm very pleased with the progress we're making," Jones said. "We took a nice step today towards the conference meet."

The weather also played a factor in how the runners did on Saturday, with both races being run with temperatures at around 68 degrees. Coach Jones said his runners tend to function better in the cooler weather.

"No one got overheated, they ran more relaxed and I think that helped the performance," Jones said.

Polimeni agreed with Jones's thoughts on the influence of the weather.

"It was really helpful, it's really tough running in the heat," Polimeni said.

The Sea Gulls will head to unknown territories this Saturday, competing in the Paul Short Run at Lehigh University, a place the Gulls have never raced at in Polimeni's time on the team.

"We've never ran there before," Polimeni said. "So I'm just going to try and do what I've done this week and try to get in the top 10 or 20."



Sungjin Lee Photo
Salisbury thanks the Blue Jays for their efforts in a game well-played.

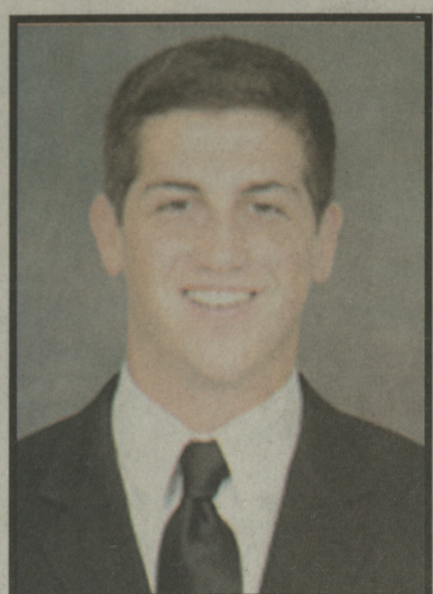


Sungjin Lee Photo
Freshman forward Becca Rinaca runs to stop a Johns Hopkins player from passing to the offense.



(Left) Sungjin Lee Photo
Freshman midfielder Cassie Presich battles for possession of the ball against the Johns Hopkins offense.

Athlete Spotlight: Joey Jones



SU Athletics Photo

BY DAVID CABRERA
Staff Writer

Name: Joey Jones
Sport: Football (also plays baseball for SU in the spring)
Position: Quarterback
Height: 5'10"
Year: Graduate student, "junior on the field"
Hometown: Baltimore, Md.
Age he first started to play football: 5 years old
Thoughts about his and the team's performance so far this year:
"I think I have done okay. We just haven't completely clicked so far yet on offense. We had a bye week (last Saturday) before this next game, so we have time to watch film and get on the same page. It was good to get that first win (28-10 over N.C. Wesleyan on September 21). We have made our share of

mistakes and these next seven games are in conference so we have to get back at it and perform."

Major: Applied Health and Physiology

Favorite NFL team: Baltimore Ravens

Favorite quote:

"I would always tell myself this in baseball games when I was having a rough day that, 'What you did today doesn't mean anything if you can't do it tomorrow.' You have to go out there every single day and prove yourself."

Thoughts on Joey from Head Coach Sherman Wood:

"Joey is a very professional, smart and caring person. He leads by example and demonstrates great time management. He is a great student and role model. His performance (this year) has been outstanding. I am expecting more heroics from Joey (as the season progresses)."

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